

COASTAL HOPE RETREAT

The Soul Liberation Journey

Seeker Workbook

For the Local Circle

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*"If the Son sets you free,
you will be free indeed."*

J O H N 8 : 3 6

THIS WORKBOOK BELONGS TO

MY CIRCLE LEADER

MY LOCAL PASTOR

START DATE

coastalhoperetreat.org

SECTION ONE

Welcome & Orientation

Why this journey exists

Before anything else, you should know what this journey is for.

The Father has a Mission. From the very beginning, He spoke a blessing over the people He made in His likeness and told them: be fruitful, multiply, fill the earth (Genesis 1:28). He has never stopped wanting that. He wants His blessing — His likeness, His goodness, His healing — to reach every people, tongue, tribe, and nation on earth.

And He fulfills that Mission through Jesus, the Soul Liberator. Jesus does not rescue souls one by one for their own sake. He liberates them so that His blessing can flow through them to others.

The Father is liberating you so that what He has done in you can be extended through you.

The likeness He is restoring in your soul is the likeness He wants the world to see. You are not on this journey alone. And you are not on it only for yourself. You are stepping into the Father's Mission.

SECTION ONE • CONTINUED

Stepping In

A word before you begin

You have been brought into something more than a study. The Soul Liberation Journey is a six-session walk with Jesus that He uses to do in your soul what you cannot do for yourself.

This workbook is your companion for that walk. It is not a textbook. It is not a homework assignment. It is the place where what surfaces in your circle gets written down so that what Jesus does in one session is not lost before the next.

You do not need to fill in every line. You do not need to have the right answer. You need only one thing: honesty. The Soul Liberator is not waiting for you to clean yourself up. He is waiting for you to bring the actual thing.

How to use this workbook

This workbook has six sections. Section 1 is what you are reading now. Section 2 has a page for each step of the Five-Step Journey — you will use these pages during each session. Section 3 is your daily five-minute rhythm. Section 4 is thirty pages for the encounters you record between sessions, plus a two-month pause at Day 60 to look back before the check-in. Section 5 is what to do when the old pull comes back. Section 6 is your 90-day check-in.

Six simple commitments make this journey work:

1. Show up to every session. The Five-Step Journey unfolds across six sessions — you cannot finish it by attending three of them.
2. Bring this workbook to every session. Pen in hand.
3. Write honestly when the leader gives you space to write. Spelling does not matter. Truth does.
4. Speak only when you are ready. The Soul Liberator never forces a word.
5. Use this workbook between sessions — even five minutes a day.
6. Keep using it after Session 6. Liberation is the start of the journey, not the end.

What brought you here?

Before the journey begins, take a few minutes to name what you are bringing into the circle. There are no wrong answers. The Soul Liberator already knows. This is for you.

IN ONE OR TWO SENTENCES

What brought you to this circle?

How confident are you, right now, that Jesus can change the deepest things in you?

Circle one. There is no judgment in any answer. We will look at this again at the end.

1	2	3	4	5
<i>not at all</i>	<i>a little</i>	<i>somewhat</i>	<i>mostly</i>	<i>completely</i>

MY COMMITMENT

I am stepping into this journey with an honest heart. I will show up to every session, bring this workbook, write what is true, and ask Jesus to do in me what only He can do.

Signed _____

Date _____

SECTION TWO

The Five-Step Journey

The map of what Jesus does. Five steps, six sessions, one journey. Each step has its own page in this section. Use them as your leader guides you through each session.

STEP	TITLE & SCRIPTURE	WHAT THIS STEP IS ABOUT
1	God's Design <i>Genesis 1:28</i>	You were created in His likeness, blessed and commissioned to extend His blessing.
2	The Infection <i>John 8:34</i>	Sin works like an infection in the soul — neither willpower nor intelligence can heal it.
3	The Soul Liberator <i>Acts 10:38</i>	Jesus was sent by the Father to liberate the human soul.
4	The Conversation <i>John 15:4</i>	Healing grows through honest, ongoing conversation with Jesus.
5	Liberation — The Likeness Revealed Again <i>John 8:36 · 2 Corinthians 3:18</i>	His likeness in our soul shines again — and the Father's blessing extends through us to others.

Each step has its own session. Each session has its own page. As your leader guides you, turn to that step's page and pick up your pen.

STEP ONE • USED IN SESSION 1

God's Design

“And God blessed them. And God said to them, ‘Be fruitful and multiply and fill the earth and subdue it.’”

Genesis 1:28

You were not created broken. Before the infection. Before the shame. Before the pull. The Father designed your soul to bear His likeness, blessed you, and commissioned you — to carry His blessing into the earth.

Most of us have forgotten what we were made for. The longing you carry — the ache for something you cannot quite name — is not a defect. It is a compass. It is pointing home. And it is pointing forward, toward the part of the Father’s Mission only you can carry.

Q1 • DESIGN

What kind of life do you think God originally designed your soul to live?

MY ONE WORD OR PHRASE

If your whole answer above had to fit on a single line, what one word or phrase would carry it?

STEP ONE • CONTINUED

Naming the Gap

Between the life God designed for your soul and the life you are actually living, there is a gap. Naming that gap is not a failure of faith. It is the doorway into Step 2.

You do not need to fix the gap before you name it. You only need to see it honestly.

Q2 • THE GAP

Where do you feel your life is not matching that design?

WHAT SURFACED THIS WEEK

Between Session 1 and Session 2, you may notice things you did not notice before. A moment when the gap was sharp. A memory that came up. A feeling that returned. Write it here. You will bring it into Session 2.

STEP TWO • USED IN SESSION 2

The Infection

“Everyone who practices sin is a slave to sin.”

John 8:34

Sin is not only what we do. There is something deeper — something that lives in the soul and produces what we do. It has a name: the Supernatural Soul Infection (SSI) — the Infection, for short. The Bible names it as a force we have been a slave to. Paul named the experience of it in Romans 7.

This is why willpower has not worked. This is why intelligence has not worked either. The infection runs deeper than the will and deeper than the mind. It is not your fault that it is there. But it is there. And until it is addressed at the root, the pull keeps returning.

“I want to. I know I should. And I still cannot.”

Q3 • DURATION

How long have you been carrying this?

TRACE IT TOWARD A ROOT

When did this first take hold? Not the most recent moment — the beginning. A wound. A loss. A lie that planted itself. A fear that took root long before you had words for it. Do not force it — but if something surfaces, write it down. Jesus forgives the sin you can name on the surface. The Soul Liberator walks back with you to where it began — the root beneath it.

STEP TWO • CONTINUED

Pardon and Liberation

Many of us have heard the gospel of pardon and stopped there. Jesus forgives our sin — the record is wiped clean. That is true and it is glorious. But it is not the whole gospel. Pardon settles the legal debt. Liberation breaks the daily power. Both come from the same Jesus. Both are paid for at the same Cross. But many believers receive the first and never learn to receive the second — which is why so many forgiven souls still feel bound.

P A R D O N	L I B E R A T I O N
Settles the legal debt before the Father.	Breaks the daily power of the infection.
Answers the question, “Am I forgiven?”	Answers the question, “Why am I still bound?”
Received once, at the Cross.	Received daily, in honest conversation with Jesus.
The record wiped clean.	The root reached and healed.
What Jesus did for you.	What Jesus does in you.

A M O M E N T O F R E C O G N I T I O N

Which side of the table have you mostly lived on? And what would change if you began to receive both?

STEP THREE • USED IN SESSION 3

The Soul Liberator

“God anointed Jesus of Nazareth with the Holy Spirit and with power. He went about doing good and healing all who were oppressed by the devil, for God was with him.”

Acts 10:38

Step 3 is the heart of the journey. The Father did not send Jesus only to forgive. He sent Him to heal — to liberate the human soul from what neither willpower nor intelligence could reach. Where you have been bound, He has been sent.

But before you can meet Jesus as the Soul Liberator, you usually have to meet your own effort first. The years of trying. The disciplines. The self-improvement. The religion. Some of it good. None of it enough to reach the root.

Q4 • SELF-EFFORT

What have you already tried to fix this?

BEFORE Q5

Before you turn the page, sit quietly with what you just wrote. Years of effort. None of it enough to reach the root. Do not write. Do not reach for theology. Sit with the contrast between what you have tried and the One you are about to ask.

Q5 is where the question turns toward Jesus. When the silence has done its work, turn the page. Next session — the encounter — is where He answers what you ask Him.

STEP THREE • CONTINUED

The Pivot

Pick up your pen. Take your time.

This question is where the whole model turns. Q4 asked what you have tried. Q5 asks what Jesus will do. The first answer is closed — you already know what you have done. The second is open. For many seekers, it is the first place they have ever looked, in this exact matter, away from themselves and toward Him.

Do not try to answer with theology. Do not reach for the right Bible verse. Answer from what your soul actually believes He can do — even if your faith feels small. Small faith brings the soul to the Healer just the same. That is enough.

Q5 • THE HEALER

What do you think Jesus wants to do in this area of your life?

MY ONE WORD FOR WHAT HE WILL DO

If you had to name in one word or short phrase what you believe Jesus wants to do in you, what would it be?

STEP THREE • USED IN SESSION 4

The Encounter

“He has sent me to proclaim liberty to the captives and recovering of sight to the blind, to set at liberty those who are oppressed.”

Luke 4:18

Session 4 is the encounter. Where what you asked at Q5 meets the One you asked it of.

Under the blindfold — privately, with your face hidden from everyone but Jesus — your leader will walk you through the Four Areas of Jesus’ healing work in the soul, in one evening: Inner Healing, Soul Purification, Physical Healing, and Release from Demonic Oppression.

You will not write during the encounter. You will listen. You will receive. The conversation is between you and Jesus.

Jesus — what is one thing You most want to change in my life?

After the encounter, return to this workbook. The next page is where you write what surfaced — before the noise of the week tries to talk you out of it.

STEP THREE • CONTINUED

After the Encounter

What you do not write here, the week will try to talk you out of.

WHAT JESUS SHOWED ME

What did Jesus show you under the blindfold?

WHAT HE ASKED ME TO DO

What did He ask you to do about it?

ONE SPECIFIC STEP THIS WEEK

Day. Time. Action.

STEP FOUR • USED IN SESSION 5

The Conversation

“Abide in me, and I in you.”

John 15:4

The Soul Liberator does not move into your soul like a contractor who finishes a job and leaves. He moves in like a friend, and the healing grows in the conversation that follows. Step 3 began the work. Step 4 is how it keeps going.

This is the difference between praying at Jesus and talking with Jesus. Polished prayers can be a way of hiding from Him. Honest ones are the doorway in. He does not need your religious words. He wants your actual voice.

Q6 • THE CONVERSATION

What would you want to say to Jesus about this right now?

AFTER YOU WRITE IT — SAY IT

Write the first sentence here. Then say the whole thing to Him, out loud or in your heart. The writing is the rehearsal. The conversation is the encounter.

STEP FOUR • CONTINUED

The Daily Five Minutes

One conversation in a circle does not finish the work. The healing grows daily, in the small honest exchanges between you and the Soul Liberator. Five minutes a day is enough to begin.

Section 3 of this workbook holds your daily rhythm — a simple ASK / RESPOND / RECEIVE pattern you can practice in five minutes. Use it. Some days will feel rich. Some will feel ordinary. Both kinds matter. The rhythm is the rail along which the Engine — Jesus — does His work.

Build better rails to the trustworthy Engine — Jesus.

MY DAILY RHYTHM

Pick a time, a place, and a starting date. Write them here. Then begin.

I will take my five minutes at

I will take them in

I will begin on

STEP FIVE • USED IN SESSION 6

Liberation — The Likeness Revealed Again

“And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another.”

2 Corinthians 3:18 • John 8:36

Liberation is not a finish line you cross. It is a likeness that begins to shine again — and keeps shining brighter as you walk with Jesus. From one degree of glory to another. Slowly enough that you may not see it day to day. Surely enough that those around you will.

You are not the same person who started this journey. What was driving the pattern is quieter. The lie that lived underneath it is smaller. The Father’s likeness — the one you were designed to bear — is visible in you in ways it was not before.

Q7 • FREEDOM

What would freedom look like for your soul?

WHAT HAS ALREADY CHANGED

Look back at what you wrote on page 4 about what brought you here. What is different now? Even if it is small, name it.

STEP FIVE • CONTINUED

Extending the Blessing

The likeness restored in you is not given to be kept. From the beginning, the Father spoke a blessing — be fruitful, multiply, fill the earth — and He has never stopped wanting it. He liberates souls so that the blessing He placed at creation can flow through them to every people, tongue, tribe, and nation.

Look around. The people the Father has placed near you — family, neighbors, coworkers, the seeker who has not yet started this journey — are part of His Mission. And part of His answer for them is the soul He is liberating in you right now.

WHO MIGHT THE FATHER BLESS THROUGH YOU

Name one or two people the Father may be wanting to bless through what He has done in you. You are not the Soul Liberator. But you may be the one He uses as an introduction.

The Soul Liberator who began this work in you intends to extend it through you. The journey continues.

Section 5 of this workbook is what to do when the old pull comes back — because it will. Section 6 is your 90-day check-in. Liberation is not the end of the journey. It is the beginning of carrying it.

SECTION THREE

The Daily Rhythm

Six sessions in a circle do not finish the work of liberation. They begin it. What grows the healing is what happens between sessions — the small, honest, daily conversation with the Soul Liberator. Five minutes a day is enough to begin.

This section is your reference for those five minutes. It is not a journal. Section 4 — the next part of the workbook — is where you write each day. This section is where you remember the shape of the rhythm and return to it when the day feels heavy or the heart feels far.

The Engine and the Rails

Healing is not something you produce. Jesus is the Engine — the One who does the work. You cannot manufacture liberation by trying harder, praying longer, or reading more. The Engine does what only the Engine can do.

But every engine runs on rails. Without rails, even the most powerful engine has nowhere to go. The Daily Rhythm is the rails. It is the practical, repeatable shape that puts you in front of Jesus every day, where He continues what He has begun.

Build better rails to the trustworthy Engine — Jesus.

Three movements, five minutes

The rhythm has three movements:

ASK • the first sixty seconds. You bring back to Jesus the specific thing you asked Him for. Short. Honest. Daily.

RESPOND • two or three minutes. You listen. You write what surfaces. A Scripture. A memory. A sense of His direction. Or “nothing surfaced today” — which is a real entry.

RECEIVE • the last sixty seconds. One verse. Slowly. Twice. Let it be the last thing your soul carries out into the day.

The next page lays out all three together — the page you can return to any morning when you need to remember the shape.

SECTION THREE • IN PRACTICE

The Five Minutes

This is your reference. Return to it as often as you need.

ASK *The First Sixty Seconds*

Bring back to Jesus the specific thing you asked Him for in Session 3 — your Q5. Do not change the ask. Do not reach for new theology. Bring the same thing back, again, today.

A sample ASK:

“Jesus, walk further with me into _____. Show me what You see. Do today what only You can do.”

RESPOND *Two or Three Minutes*

Ask one question — “Jesus, what do You want to change in me today?” Then listen. Write what surfaces in Section 4 — your Encounter Journal. A Scripture. A memory. A sense of His direction. A feeling that has weight. Even “nothing surfaced today” is a real entry. The point is not to perform. The point is to show up to the conversation.

What counts as a response:

A verse remembered · a memory surfacing · an image · a quiet knowing · a feeling — peace, grief, conviction · a person who comes to mind · silence that is heavy · silence that is light

RECEIVE *The Last Sixty Seconds*

One verse. Slowly. Twice. Let it be the last thing your soul carries out into your day. Your leader will give you this week’s verse each session. Between sessions, return to whatever verse Jesus has been speaking through.

SECTION THREE • EXAMPLE

What Five Minutes Looks Like

What follows is what an ordinary day's rhythm might look like. Not a model day — a real one. Some days will look like this. Many days will not. Both are real practice.

6:42 a.m. • KITCHEN TABLE • COFFEE GETTING COLD

Workbook open. Section 4. Today's page. Pen in hand.

ASK • about 60 seconds

"Jesus, walk further with me into the shame I named in Session 3. Show me what You see today. Do what only You can do."

Silence. Forty-five seconds.

RESPOND • about 2–3 minutes

Ask: "Jesus, what do You want to change in me today?" Listen. What surfaces: a memory — fourteen years old, after the thing that happened. The voice that said you were ruined.

Write in Section 4: "The lie that started that day was 'you are ruined.' I have believed it. Jesus, I do not want to believe it anymore."

Two more sentences. The pen stops.

RECEIVE • about 60 seconds

Open the Bible to this week's verse. Read it once. Read it again, slower.

"If the Son sets you free, you will be free indeed." — John 8:36

Coffee, now cold. But something in the chest is warmer than it was five minutes ago. The day begins.

***This is one day. Many days will be quieter than this. A few will be louder.
The rhythm holds them all.***

SECTION THREE • CONTINUED

When the Rhythm Wavers

It will. The rhythm wavers for every seeker. What follows is what to do when it does.

“Nothing surfaced today.”

Write that. “Nothing surfaced today.” Then close the page. That is a real entry. The Soul Liberator was not absent — He was quiet. Some days His work is hidden. Faithfulness on the quiet days is what makes you ready for the loud ones.

“I missed three days.”

Pick up today. Do not catch up. Do not flog yourself. The point of the rhythm is not perfect attendance — the point is the relationship. Jesus is not keeping score. Just begin again.

“The same thing keeps coming up.”

That is the work. Liberation is not won in one ask. What has been there for years does not lift in seven days. Bring the same thing back, again, today. The same ask, on the eighth day, is a deeper ask than the first.

“I do not feel like it.”

Show up anyway. Five minutes. Even tired. Even distracted. Even when the heart is far. The conversation does not require the right mood. It requires you in the chair.

“It feels too short.”

Five minutes is the minimum, not the maximum. If the conversation extends past five minutes, stay. But do not add length as proof to yourself. The rhythm is daily, not long.

“I lost my workbook.”

Borrow a notebook. Use a phone note. The point is the conversation, not the book. Replace the workbook when you can — but do not pause the rhythm while you wait.

Just begin again. Today. The Soul Liberator is patient.

SECTION FOUR

Encounter Journal

Thirty pages. One day at a time. Use the rhythm from Section 3 — ASK, RESPOND, RECEIVE — and write what surfaces in the space below.

You do not have to fill every line. You do not have to write every day. But every day, show up to the page. Some days you will write one sentence. Some days you will write across the margins. Some days you will write “nothing surfaced today” — and that is a real entry.

On Days 7, 14, and 21, the page is shaped a little differently — you look back across the week. On Day 30, you look back across the thirty days. Then the rhythm continues — daily, with the Daily Rhythm Card and a notebook beside it — and you return to these pages once more, at Day 60, to look back across the second month. From there, Section 6 is your 90-Day Check-In.

Section 4 is not a record of your performance. It is a record of the conversation.

Begin when you are ready.

“Jesus, what do You want to change in me today?”

Day 1 • The First Day

The rhythm begins. Five minutes. If you do not know what to ask today, ask Jesus to walk with you into whatever you wrote at Q5 in Session 3. That is your starting point.

DATE _____

ASK *What I bring back to Jesus today*

RESPOND *What surfaced*

RECEIVE *Today's verse*

What this verse meets in me today

ONE TRUE THING *from today, in one sentence*

“Jesus, what do You want to change in me today?”

Day 2

DATE

ASK*What I bring back to Jesus today*

RESPOND*What surfaced*

RECEIVE*Today's verse*

What this verse meets in me today

ONE TRUE THING*from today, in one sentence*

“Jesus, what do You want to change in me today?”

Day 3

DATE

ASK *What I bring back to Jesus today*

RESPOND *What surfaced*

RECEIVE *Today's verse*

What this verse meets in me today

ONE TRUE THING *from today, in one sentence*

“Jesus, what do You want to change in me today?”

Day 4

DATE

ASK *What I bring back to Jesus today*

RESPOND *What surfaced*

RECEIVE *Today's verse*

What this verse meets in me today

ONE TRUE THING *from today, in one sentence*

“Jesus, what do You want to change in me today?”

Day 5

DATE**ASK***What I bring back to Jesus today***RESPOND***What surfaced***RECEIVE***Today's verse**What this verse meets in me today***ONE TRUE THING***from today, in one sentence*

“Jesus, what do You want to change in me today?”

Day 6

DATE

ASK *What I bring back to Jesus today*

RESPOND *What surfaced*

RECEIVE *Today's verse*

What this verse meets in me today

ONE TRUE THING *from today, in one sentence*

Day 7 • Looking Back Over the Week

DATE _____

Set the regular rhythm aside for today. Look back across the seven days you just walked. Read your entries slowly. Then answer:

1. What surfaced most often this week?

2. Where did Jesus speak most clearly — in a verse, a memory, a feeling, a person?

3. What is still unclear, still unfinished, still unhealed?

4. What is the one ask I am bringing back into next week?

“Jesus, what do You want to change in me today?”

Day 8

DATE

ASK*What I bring back to Jesus today*

RESPOND*What surfaced*

RECEIVE*Today's verse*

What this verse meets in me today

ONE TRUE THING*from today, in one sentence*

“Jesus, what do You want to change in me today?”

Day 9

DATE

ASK*What I bring back to Jesus today*

RESPOND*What surfaced*

RECEIVE*Today's verse*

What this verse meets in me today

ONE TRUE THING*from today, in one sentence*

“Jesus, what do You want to change in me today?”

Day 10

DATE

ASK *What I bring back to Jesus today*

RESPOND *What surfaced*

RECEIVE *Today's verse*

What this verse meets in me today

ONE TRUE THING *from today, in one sentence*

“Jesus, what do You want to change in me today?”

Day 11

DATE

ASK

What I bring back to Jesus today

RESPOND

What surfaced

RECEIVE

Today's verse

What this verse meets in me today

ONE TRUE THING

from today, in one sentence

“Jesus, what do You want to change in me today?”

Day 12

DATE

ASK*What I bring back to Jesus today*

RESPOND*What surfaced*

RECEIVE*Today's verse*

What this verse meets in me today

ONE TRUE THING*from today, in one sentence*

“Jesus, what do You want to change in me today?”

Day 13

DATE

ASK

What I bring back to Jesus today

RESPOND

What surfaced

RECEIVE

Today's verse

What this verse meets in me today

ONE TRUE THING

from today, in one sentence

Day 14 · Looking Back Over the Week

DATE _____

Set the regular rhythm aside for today. Look back across the seven days you just walked. Read your entries slowly. Then answer:

1. What has changed since the first week?

2. Where has the old pull tried to return — and how did the rhythm help?

3. What did Jesus do this week that you almost missed?

4. What do you want to ask Jesus next week with more honesty than before?

“Jesus, what do You want to change in me today?”

Day 15

DATE

ASK

What I bring back to Jesus today

RESPOND

What surfaced

RECEIVE

Today's verse

What this verse meets in me today

ONE TRUE THING

from today, in one sentence

“Jesus, what do You want to change in me today?”

Day 16

DATE

ASK *What I bring back to Jesus today*

RESPOND *What surfaced*

RECEIVE *Today's verse*

What this verse meets in me today

ONE TRUE THING *from today, in one sentence*

“Jesus, what do You want to change in me today?”

Day 17

DATE

ASK

What I bring back to Jesus today

RESPOND

What surfaced

RECEIVE

Today's verse

What this verse meets in me today

ONE TRUE THING

from today, in one sentence

“Jesus, what do You want to change in me today?”

Day 18

DATE

ASK

What I bring back to Jesus today

RESPOND

What surfaced

RECEIVE

Today's verse

What this verse meets in me today

ONE TRUE THING

from today, in one sentence

“Jesus, what do You want to change in me today?”

Day 19

DATE

ASK

What I bring back to Jesus today

RESPOND

What surfaced

RECEIVE

Today's verse

What this verse meets in me today

ONE TRUE THING

from today, in one sentence

“Jesus, what do You want to change in me today?”

Day 20

DATE

ASK *What I bring back to Jesus today*

RESPOND *What surfaced*

RECEIVE *Today's verse*

What this verse meets in me today

ONE TRUE THING *from today, in one sentence*

Day 21 • Looking Back Over the Week

DATE _____

Set the regular rhythm aside for today. Look back across the seven days you just walked. Read your entries slowly. Then answer:

1. Three weeks in. What is quieter in you than it was?

2. What is louder — a longing, a hope, a hunger?

3. Has the same ask been deepening, or has a new one begun to surface?

4. Who is one person the Father may already be wanting to bless through what He is doing in you?

“Jesus, what do You want to change in me today?”

Day 22

DATE

ASK

What I bring back to Jesus today

RESPOND

What surfaced

RECEIVE

Today's verse

What this verse meets in me today

ONE TRUE THING

from today, in one sentence

“Jesus, what do You want to change in me today?”

Day 23

DATE

ASK*What I bring back to Jesus today*

RESPOND*What surfaced*

RECEIVE*Today's verse*

What this verse meets in me today

ONE TRUE THING*from today, in one sentence*

“Jesus, what do You want to change in me today?”

Day 24

DATE

ASK

What I bring back to Jesus today

RESPOND

What surfaced

RECEIVE

Today's verse

What this verse meets in me today

ONE TRUE THING

from today, in one sentence

“Jesus, what do You want to change in me today?”

Day 25

DATE

ASK *What I bring back to Jesus today*

RESPOND *What surfaced*

RECEIVE *Today's verse*

What this verse meets in me today

ONE TRUE THING *from today, in one sentence*

“Jesus, what do You want to change in me today?”

Day 26

DATE

ASK*What I bring back to Jesus today*

RESPOND*What surfaced*

RECEIVE*Today's verse*

What this verse meets in me today

ONE TRUE THING*from today, in one sentence*

“Jesus, what do You want to change in me today?”

Day 27

DATE

ASK

What I bring back to Jesus today

RESPOND

What surfaced

RECEIVE

Today's verse

What this verse meets in me today

ONE TRUE THING

from today, in one sentence

“Jesus, what do You want to change in me today?”

Day 28

DATE

ASK *What I bring back to Jesus today*

RESPOND *What surfaced*

RECEIVE *Today's verse*

What this verse meets in me today

ONE TRUE THING *from today, in one sentence*

“Jesus, what do You want to change in me today?”

Day 29

DATE

ASK*What I bring back to Jesus today*

RESPOND*What surfaced*

RECEIVE*Today's verse*

What this verse meets in me today

ONE TRUE THING*from today, in one sentence*

Day 30 • Looking Back Over the Thirty Days

DATE _____

Thirty days of rhythm. Read back through your entries slowly — the loud days and the quiet ones. Then answer below. Your honest answers here become the starting point of the 90-Day Check-In in Section 6.

1. What has changed in me over these thirty days? Even if it is small, name it.

2. Where have I seen Jesus at work — not in general, but in specific moments?

3. What did you name in Session 3 that is quieter now than it was on Day 1?

4. What is the lie that has less power now than it did on Day 1?

5. What is the ask I am bringing forward into the next ninety days?

6. Who is one person the Father may be wanting to bless through what He has done in me?

Carry these answers into Section 6. The 90-Day Check-In begins here.

In the meantime — the rhythm continues. Daily, five minutes, on your Daily Rhythm Card. Keep journaling. The card is your guide — ASK, RESPOND, RECEIVE — and a simple notebook beside it is your page. One entry a day. Bring it with you to your Day 60 reflection, and to the 90-Day Check-In.

Day 60 · Looking Back Over the Past Thirty Days

DATE _____

Thirty more days of rhythm have passed since your Day 30 reflection. You have lived this with the Daily Rhythm Card and your journal beside it — some days faithfully, some days not. Read back through your journal entries slowly — the loud days and the quiet ones. Then answer below. Your honest answers here will sit beside your Day 30 reflection at the 90-Day Check-In.

1. What has continued to change in me over the past thirty days, even quietly?

2. Where has Jesus met me in this second month — name a specific moment.

3. What has gotten harder, not easier? Honest answer welcome.

4. What is the lie, hurt, or pattern that still has more power than I want it to?

5. What is the ask I am bringing into the final thirty days before the 90-Day Check-In?

6. Who is one person the Father may be bringing into focus through what He is doing in me right now?

Thirty more days. Then we look at all of it together — at the 90-Day Check-In in Section 6.

SECTION FIVE

When It Is Hard

The old pull is going to come back.

Not because you have failed. Not because the journey was a mistake. Not because Jesus has changed His mind. The pull comes back because you are still on the journey — still being transformed from one degree of glory to another — and the infection that has been at work in your soul for years is not undone in six sessions or thirty days. Liberation is real. The pull returning does not undo it.

This section is the page you open before you act. When the heart goes loud. When the wound is freshly poked. When the old pattern is whispering. When the shame is climbing back. When the lie is louder than the truth. Do not flog yourself. Do not hide. Do not try to manage it alone. Open this page first.

The 5R Lifeline

The Lifeline has five beats. None of them are about you fixing yourself. All five are about you running to Jesus.

RECOGNIZE · name what is happening, without flogging yourself.

RECONNECT · return to Jesus immediately. Do not problem-solve first.

RENOUNCE · ask Jesus to break the lie or power again.

REPLACE · receive what He gives you in its place.

REPORT & REJOICE · speak it to your circle or pastor. Thank Jesus the journey continues.

The Lifeline is not five things you do. It is five beats of running to the One who already came.

SECTION FIVE • THE LIFELINE

The 5R Lifeline

Each beat in detail. Sample words you can say in the moment.

1. RECOGNIZE *Name what is happening · Romans 7:21–24*

Just clarity. No flogging. “This is the old pull. The old thing is loud. I see it.” Recognizing is not condemning. It is the first beat of the run — you cannot run from a place you refuse to see.

Sample words: “Jesus, I see what is happening. The old pull is back.”

2. RECONNECT *Return to Jesus immediately · John 15:4–5*

Do not problem-solve. Do not make a plan. Do not wait for the feeling to pass. The Soul Liberator is in the room with you, right now, in this moment of pull. Reconnect first — strategy later.

Sample words: “Jesus, I am here. The pull is back. I am bringing it to You first.”

3. RENOUNCE *Ask Jesus to break the lie or power again · James 4:7*

Renouncing is not your authority. It is His. You are asking the Soul Liberator to do again, in this moment, what He did in Session 3. Name the specific lie. Name the specific pull. Ask Jesus to break it again, by His authority.

Sample words: “Jesus, I renounce the lie that _____ and ask You to break its power over me again, by Your authority.”

The Last Two Beats

4. REPLACE *Receive what He gives you in its place · Matthew 12:43–45*

Renouncing without replacing leaves a vacuum that the old pull will fill again. After you ask Him to break the lie, ask Him what is true in its place. A verse may come. A memory may surface. A quiet sense of His nearness may settle on you. Do not manufacture it. Receive whatever He gives — even if it is just the knowing that He is here.

Sample words: “Jesus, what is true in place of that lie? What do You give me in this moment?”

5. REPORT & REJOICE *Speak it. Thank Him. · Psalm 107:2 · Hebrews 10:24–25*

The pull tries to keep you isolated. Reporting breaks the isolation. Text a brother or sister from your circle. Call your pastor. Tell one trusted person what happened — the pull, the run to Jesus, what He gave you in its place. You do not need to perform. “The old pull came back today. I ran to Jesus. He met me.” That is enough.

Then rejoice. The journey is real. The pull came back. You did not stay there.

Sample words: “Jesus, thank You that You came when I called. I am still on the journey. The pull did not win.”

SECTION FIVE • EXAMPLE

What the Lifeline Looks Like

Day 23 of the daily rhythm. The pull comes back. Here is one walk-through. Not a model. A real one.

3:14 P.M. • WORK DESK • THE EMAIL JUST CAME IN

The heart drops. The wound everyone thought was healing is suddenly loud. The lie returns: you are ruined. The shame climbs again.

1. RECOGNIZE

“Jesus, the old pull is back. I see it. The shame is loud again.”

Eyes still on the screen. No one in the office knows. That is fine. The Recognize beat is between you and Jesus .

2. RECONNECT

“You are here. The Soul Liberator is in this office. I am bringing this to You first — before I respond to the email, before I try to manage the feeling.”

3. RENOUNCE

“Jesus, I renounce the lie that I am ruined. You broke its power once. Break it again. By Your authority, not mine.”

4. REPLACE

“What is true in its place?”

A verse comes — John 8:36 again. “If the Son sets you free, you will be free indeed.” Not new. But true. Receive it.

5. REPORT & REJOICE

Text the brother from your circle: “The old pull came back today. I ran to Jesus. He met me. Pray with me.”

“Jesus — thank You that You came when I called. The pull did not win. The journey continues.”

Five beats. About three minutes. The pull will return another day. So will He.

SECTION FIVE • WHEN IT'S A HARD WEEK

Setback Pages

Sometimes the pull is not a single moment. Sometimes it stretches — a hard day becomes a hard week. The rhythm wavers. The lie sticks. The old hurt stays loud.

That is not failure either. It is the journey shifting into a different season. Use these prompts when the Lifeline beat-by-beat is not enough — when something deeper needs to surface.

1. Has the rhythm broken?

When did the daily five minutes last actually happen? Sometimes the pull lasts because the rhythm has quietly slipped. Do not flog. Just notice. Then begin again, today.

2. Has the old hurt been freshly poked?

What happened this week that touched the old hurt? A conversation. A memory. A failure. A loss. The pull is often louder right after it is reopened. Name what reopened it.

3. Is there a new lie surfacing?

Sometimes the pull is the old lie returning. Sometimes it is a new lie speaking for the first time. Listen for the sentence that is being said to you in your own voice. Write it down. Name it as a lie.

4. What does Jesus want to do in this season?

This is Q5 again, in a new form. Hard seasons are often where the deeper liberation begins. Ask Him what He wants to do here, in this stretch — not just for the pull, but in the soil the pull is exposing.

SECTION FIVE • WHEN TO REACH OUT

When the Lifeline Is Not Enough

The Lifeline carries you through the ordinary returns of the pull. There are some moments it is not built to carry. In those moments, do not try to walk alone. Reach out. Your pastor can help you bring the pull to Jesus across all four areas — Inner Healing, Soul Purification, Physical Healing, and Release from Demonic Oppression — and discern which door it keeps using.

Call your local pastor or a trusted believer when:

- The pull has lasted more than seven days and the Lifeline has not lifted it.
- You are doing something that is hurting you or someone else, and you cannot stop.
- Trauma has surfaced that you do not have language for, or that you cannot walk through alone.
- You are pulling away from your circle, your pastor, your family. Isolation is the most common sign that you need to reach out.
- You are having thoughts of harming yourself. Call your pastor immediately, or any emergency line in your country. Do not stay alone.

Reaching out is not failure. It is the fifth beat of the Lifeline, extended. Report & Rejoice begins with one honest message.

When more than one voice is needed — call the elders.

“Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith will save the one who is sick, and the Lord will raise him up.”

JAMES 5:14–15

There are moments one voice cannot carry — sickness that lingers, an enemy attack, a hurt past the reach of your own prayer. Sit down. Ask the elders of your church to come, lay hands on you, and pray. The Lord raises up the one who is prayed for. When you call your pastor, ask: *“Is this a moment to gather the elders?”* He will know.

When more than prayer is needed — counseling or a doctor.

Some pulls have roots that need more than prayer alone — grief, trauma, addiction, depression, or a medical condition. Asking for a trained counselor or a doctor is not

stepping away from Jesus; it is receiving the help He gives through the people and the means He has provided. When you sit with your pastor, ask whether this is one of those moments. He will help you find the right help.

MY LOCAL PASTOR'S NAME AND NUMBER

Write it here now, before you need it.

SECTION SIX

The 90-Day Check-In

Ninety days have passed since Session 6. You have walked the daily rhythm — some weeks well, some weeks unevenly, some weeks not at all. The old pull has returned and you have run to Jesus, or you have not, or both. You have grown in ways you can see and in ways only those near you can see.

This section is your preparation for the conversation with your local pastor that was scheduled the night you left the circle. Take it slowly. Set aside thirty minutes. Then bring this workbook to that meeting.

Three honest measures

The pages that follow ask you to rate yourself on three honest measures of what the journey has done in you over these ninety days:

MEETING JESUS · the growing sense of His personal presence in your daily life.

WHAT'S CHANGING · the visible fruit of encounter in your daily life and character.

WALKING WITH OTHERS · the soil of community that allows fruit to last.

Low scores are not a verdict on you. They are information about the rails. Where a rail has been weak, your pastor and your circle will help you build a stronger one.

Be honest. There are no right answers. The Soul Liberator already knows where you are. This is for you, and for the pastor who is going to walk the next chapter with you.

SECTION SIX • MEASURE ONE

Meeting Jesus

Over the past ninety days — has your sense of Jesus' personal presence grown? Circle a number on each line, honestly.

1. I have sensed Jesus' presence with me in daily life over these ninety days — not constantly, but enough to know He is near.

1	2	3	4	5
<i>not at all</i>	<i>a little</i>	<i>somewhat</i>	<i>mostly</i>	<i>fully</i>

2. When I have brought specific concerns to Jesus, I have experienced Him meeting me — through Scripture, a memory, a sense of direction, or quiet peace.

1	2	3	4	5
<i>not at all</i>	<i>a little</i>	<i>somewhat</i>	<i>mostly</i>	<i>fully</i>

3. My understanding of Jesus has deepened from Pardoner only to Pardoner and Soul Liberator both.

1	2	3	4	5
<i>not at all</i>	<i>a little</i>	<i>somewhat</i>	<i>mostly</i>	<i>fully</i>

4. My confidence in Jesus' love for me — not in general, but for me, personally — has grown.

1	2	3	4	5
<i>not at all</i>	<i>a little</i>	<i>somewhat</i>	<i>mostly</i>	<i>fully</i>

ONE THING I WANT TO SAY TO MY PASTOR ABOUT THIS

SECTION SIX • MEASURE TWO

What Is Changing in Me

This is the slowest measure to move. Do not expect dramatic answers. Honest, small answers are real answers.

1. I have owned a specific root before Jesus over these ninety days and received change that felt beyond what I could have produced by effort alone.

1	2	3	4	5
<i>not at all</i>	<i>a little</i>	<i>somewhat</i>	<i>mostly</i>	<i>fully</i>

2. What I named in Session 3 is quieter now than it was at Day 1.

1	2	3	4	5
<i>not at all</i>	<i>a little</i>	<i>somewhat</i>	<i>mostly</i>	<i>fully</i>

3. The lie I have been believing has less power now than it did at Day 1.

1	2	3	4	5
<i>not at all</i>	<i>a little</i>	<i>somewhat</i>	<i>mostly</i>	<i>fully</i>

4. Specific fruit is more visible in my life — joy, humility, purity, generosity, self-control, or hope — even in small ways.

1	2	3	4	5
<i>not at all</i>	<i>a little</i>	<i>somewhat</i>	<i>mostly</i>	<i>fully</i>

5. People who know me well have noticed something different in me — whether or not they have named it.

1	2	3	4	5
<i>not at all</i>	<i>a little</i>	<i>somewhat</i>	<i>mostly</i>	<i>fully</i>

ONE SPECIFIC CHANGE I CAN NAME

SECTION SIX • MEASURE THREE

Walking With Others

Liberation almost always fades in isolation. This measure is the soil that lets fruit last.

1. I have stayed connected with at least one person from my Soul Liberation circle.

1	2	3	4	5
<i>not at all</i>	<i>a little</i>	<i>somewhat</i>	<i>mostly</i>	<i>fully</i>

2. My local pastor knows where I am on this journey — not in general, but specifically.

1	2	3	4	5
<i>not at all</i>	<i>a little</i>	<i>somewhat</i>	<i>mostly</i>	<i>fully</i>

3. My closest relationships — spouse, children, family, close friends — have been affected by what Jesus has been doing in me.

1	2	3	4	5
<i>not at all</i>	<i>a little</i>	<i>somewhat</i>	<i>mostly</i>	<i>fully</i>

4. When the old pull has returned, I have been able to reach out to someone — I have not stayed isolated.

1	2	3	4	5
<i>not at all</i>	<i>a little</i>	<i>somewhat</i>	<i>mostly</i>	<i>fully</i>

WHO HAS WALKED CLOSEST WITH ME THESE NINETY DAYS

SECTION SIX • LOOKING BACK • LOOKING FORWARD

Then and Now

Go back to page 4 of this workbook. Read what you wrote the day you began — “What brought you here?” Read your original confidence rating: 1 to 5. Read it slowly. Then answer below.

How confident am I, right now, that Jesus is changing the deepest things in me?

Same question as Day 1. Circle one. Honest answer.

1	2	3	4	5
<i>not at all</i>	<i>a little</i>	<i>somewhat</i>	<i>mostly</i>	<i>completely</i>

WHAT HAS CHANGED MOST BETWEEN DAY 1 AND NOW

Read your Day 30 reflection in Section 4. Then write what is true now, in this moment, ninety days in.

THE ASK I AM BRINGING INTO THE NEXT NINETY DAYS

What is the next specific thing you are asking Jesus to do in you? Not a vague hope — a specific ask.

SECTION SIX • BRINGING IT FORWARD

Bring This to Your Pastor

The 90-day check-in is not a test. It is a conversation. Your pastor is not grading you. The two of you are looking together at what the Soul Liberator has been doing in your soul, where the rails have held, and where they need to be built stronger.

What to bring

- This workbook, opened to the pages you have just filled in.
- Your encounter journal from Section 4 — even if some pages are empty. The empty pages are part of the conversation.
- Honesty. Not the polished version of these ninety days — the real version.

What the meeting is for

The pastor will read these pages with you. They may also have a brief instrument they fill in. Together, the two of you will look at three things: where Jesus has been most clearly at work, where a rail has been weak, and what the next ninety days needs to look like.

You may walk out with a deepened ask. A new commitment. A name of someone the Father is putting on both of your hearts. A plan for the rail that needs to be stronger.

You may also walk out with grief, if something has broken in these ninety days. That is also welcome. Honest grief at a 90-day check-in is the soil for the next real movement.

Liberation is not finished in ninety days. It is from one degree of glory to another — and the next degree is on the other side of this conversation.

MY 90-DAY CHECK-IN MEETING

DATE _____
 PASTOR _____
 TIME _____
 PLACE _____

APPENDIX • FOR YOUR CIRCLE LEADER

The Soul Liberation Training Videos

You are a seeker. The eleven Soul Liberation Training videos below were made for circle leaders and pastors — not for the seeker walking through this workbook. They are listed here in case, over the coming months and years, Jesus calls you into leading others through the same journey you have just walked. Bookmark this page. When that time comes, you will know where to start. The pathway is built in three tiers.

TIER ONE • THE FOUNDATION

- V1 • Why This Model Exists** — Jesus is the Engine; we build the rails. Why most retreats fade — and what makes this one different.
- V2 • The Seven Questions** — The guided conversation that moves a seeker from surface to soul. Q1 through Q7 in order — and why the order is the power.
- V3 • The Four-Fold Liberation Ministry** — How Jesus works in Inner Healing, Soul Purification, Physical Healing, and Release from Demonic Oppression. Diagnose first; follow Him into the area He is opening.

TIER TWO • RUNNING THE MODEL

- V4 • Your Role as Servant Leader** — Shepherd, not healer. The four practices for creating space without filling it.
- V5 • The Five-Step Journey** — The map every leader must know cold: God's Design → The Infection → The Soul Liberator → The Conversation → Liberation.
- V6 • Leading Small Groups** — Setting the culture in the first five minutes. How to handle what comes up when it comes up.
- V7 • Prayer Ministry in All Four Areas** — Diagnose first. Pray specifically. A framework for praying with faith in each of the four areas.

TIER THREE • MEASURING AND SUSTAINING

- V8 • The Measurement System** — Three indices, three timepoints. Low scores are a rail problem, not a people problem.
- V9 • The 90-Day Follow-Up** — Three rails before the gate: local pastor briefed, daily rhythm card in hand, scheduled check-in. The follow-up is the rail.
- V10 • The 5R Lifeline** — The storm rail: five beats of running TO Jesus when the old pull returns. Recognize · Reconnect · Renounce · Replace · Report & Rejoice. How to use the 5R Lifeline Card in the moment without it becoming self-managed technique.

V11 · Scaling the Model — The three-Circle mentoring pathway: Assist with Real Assignments → Lead with Mentor Present → Lead Independently. How to train others to run what you run.

If Jesus is calling you into leading others, a quiet conversation with your circle leader is the first rail. From there, the pathway opens.

W O R K B O O K C O M P L E T E

Five-Step Journey · Daily Rhythm · Encounter Journal · Lifeline · 90-Day Check-In

The structured workbook ends here. The journey does not.

- Section 1 — Welcome · the Father's Mission · your starting point
- Section 2 — The Five-Step Journey · one page per step
- Section 3 — The Daily Rhythm · ASK / RESPOND / RECEIVE
- Section 4 — Encounter Journal · thirty daily pages + Day 60 pause
- Section 5 — When It Is Hard · the 5R Lifeline
- Section 6 — The 90-Day Check-In
- Appendix — For Your Circle Leader · the SLT training pathway

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